Abstract

Title: Changes in fitness levels and fitness parameters for water polo players during ATC 2012/2013

Objectives: The aim of the work determine the current performance through changes in competition and the transition period for players (n = 12, mean age 22.22 years + - 5, 6 years) water polo.

Methods: To obtain a personal history of the probands was chosen method of qualitative structured interview with closed questions. From the basic anthropometrics values measured body height, weight and circuit parameters. Non-standard specific test for swimming biokinetic was at water polo players performed twice. The first test in the racing season (24th 3. 2013, 26th 3. 2013, 2nd 4. 2013), the second under the same conditions (10th 9. 2013), in a transitional period of annual training cycle (ATC) 2012/ 2013. The content of the selected non-standard specific test was compared test1 and test 2, which ran without the possibility of resting players were only interrupted by 40 seconds when tested probands carried leaps with throw up arms slightly bent at the elbows. This test was measured actual performance changes in ATC 2012/2013. Furthermore, fatigue was observed between test 1 and test 2 in the race and the transition period. During the trial, the parties all observed repeatedly drawn lactate.

Results: All values obtained specific non-standardized test, it was found that better results were achieved in the transitional period. Statistically significant results were observed for total stroke, where between test 1 and 2 in the race and the transition period had deteriorated. For the results of the total time, an improvement again in the transitional period. Results of the average performance, statistically significant in all comparisons tests. Statistically significant changes were also all the results right and left. Exercise your right hand experienced a statistically significant change between the two tests and two

periods. A comparison of lactate in the race a transitional period, the higher values measured in the transitional period and this was tested for probands tested in this difficult period and easing lasted longer.

For monitored indicators, we found a statistically significant deterioration in performance in the racing period compared with transient and p less than 0.05. With the exception of monitoring lactate, which was not statistically significant, but the changes confirm the trend observed.

Keywords: water polo, racing period, the transitional period, fatigue, biokinetic, laboratory testing